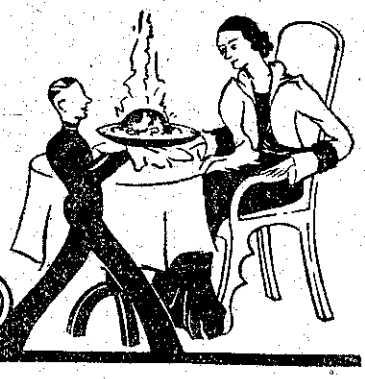
MAINLY ABOUT FOOD

For Summer Luncheons



Cucumber and Pea Salad

PEEL and cut a large cucumber into thick slices of about two inches, hollow out enough of the seeds to form a little cup; pour a little dressing (or a mixture of oil, vinegar, salt and pepper) in the cup and fill each cup with cold cooked peas, and pile them up Stand each on a lettuce leaf, and serve with mayonnaise sauce or dressing.—Miss M. O. (Meeanee).

10/6 For A Recipe

Any original recipe sent in to "Chef," c/o "N.Z. Radio Record," G.P.O. Box 1680, Wellington, has a chance of winning the half-guinea prize which is offered each week. The reader who wins this week's prize is Mrs. J.M., of Napier, who sent in a seasonable and attractive recip for coffee cream which should make a welcome addition to any luncheon or dinner table during the summer.

Preserved Tomatoes

TEN lb. ripe tomatoes (any size), ½lb. butter, salt and pepper to taste. Put all ingredients into a preserving pan and boil twenty minutes stirring all the time. Pour the contents of the pan through a colander, rubbing well with a wooden spoon. Return to the pan and boil again for ten minutes' continual boiling. Then pour the pulp into hot jars with new rubbers and screw down securely. This tomato pulp will keep for years.—Miss L.P. (Oamaru)

Fruit Sugar

THIS useful adjunct to cookery can be prepared from nearly every kind of fruit. After removing the stalks and stones crush the fruit in a bowl so that the juice can be sieved. For every pint of juice allow 2½ pounds of castor sugar. Mix the juice and sugar into a paste, making sure that all the juice is absorbed. Place in a slow oven, and allow to dry thoroughly. Pound it up into a fine powder using a mallet or a rolling pin, and put into pickle jars. Cork and keep airtight. The uses of this sugar are many. It can be sprinkled over fruit tarts, fruit salad cakes, or mixed with sponge fillings etc Dissolved in water a wholesome and refreshing fruit drink is the result. Now that fruit is plentiful any housewife can stock a few jars of her favourite fruit in sugar form.—Mrs J.W. (Frankton Jn.).

Blackberry and Crushed Pineapple Tart

LINE a tart plate with short pastry then add following filling:—1 cup crushed blackberries ½ cup crushed pineapple, 4oz. sugar juice one lemon cornflower to bind. Cover the berries and pineapple with water, add sugar and cook 15 minutes Strain, and return liquid to the fire and thicken with cornflour, blended with little cold water. Cook a few minutes, then add fruit. When cool fill pastry plate with the mixture and cook in a moderate oven.—Miss W. (Wanganui).

Pressed Plums

CUT into slices, 6 small sponge cakes and with them, line the sides and bottom of a basin. Stew 1lb plums with 4oz. sugar and ½ pint water. Stand to cool and take out stones. Put a layer of plums into the lined basin, and then a layer of crushed biscuits. Continue doing this until the basin is full to the top. Cover with slices of sponge cake, and press down with a heavy weight resting on a saucer Leave in a cool place until required Make a thin custard and when mould is turned out, pour cold custard over it.—Mrs. W.H. (Spreydon, Christchurch).

Savoury Chicken and Rice

TWO cups minced (or chopped) cold cooked chicken, 1 cup cooked celery, 4 tomatoes, 2 tablespoons flour, 1½ cups cooked rice, 1½ cups chicken stock, 2oz. butter, 1 dessertspoon finely-chopped parsley, salt to taste, and a pinch of cayenne. Melt the butter, then stir in the flour; rub smooth, and quite free from lumps. Add the hot stock, and simmer for 15 minutes over a gentle heat, stirring all the time. Add all the other ingredients and heat through thoroughly. Before sending to table, put a sprinkling of chopped parsley and grated cheese on top.—Mrs. L.S. (Masterton).

Banana Chutney

TAKE 12 bananas, 1lb. dates, 2 level teaspoons curry powder, 2lb. Spanish onions, ½lb. crystallised ginger cut into small pieces, 2 tablespoons salt, 1lb. treacle, 1½ pints vinegar. Cut bananas into slices, mince the onions, stone and chop dates. Put these into a pie dish, pour the vinegar over them, cover and bake in over until tender. Beat to a pulp with wooden spoon then add the curry powder, ginger, salt, and treacle. Pour the mixture into the dish again and bake until it becomes a rich brown colour. Tie down in jars while still hot.—Mrs. W. (Miramar).

Oriental Sundae

INGREDIENTS: 2 cups hot water, 3 bananas, 3 dessertspoons sugar, sponge cake, 2 dessertspoons gelatine, juice of 2 lemons, 3 passion fruit, cochineal. Directions: Dissolve gelatine in hot water Add sugar, lemon juice and cochineal. Place in shallow dish, cut sponge cake into squares, pour in jelly, then cut bananas into rings, and put on top of cake, and passion fruit on top of bananas. Allow to set and remain in dish. Serve with cream or custard. —D.G.H. (Napier).

Coffee Cream

REQUIRED: ½ pint milk, yolk of 1 egg, whites of 2 eggs, ½ cup chopped walnuts, coffee essence, 1 cup cream, ½oz. gelatine, 3oz. sugar, ½ cup water. Method: Bring the milk to the boil in a double saucepan. Pour gradually on to the beaten egg and return to the fire. Stir till thick, then pour into a dish to cool. Beat the cream till thick. Add the custard, walnuts, sugar and coffee essence. Dissolve the gelatine in the water over the fire, strain and stir into the other mixture, stirring until it begins to thicken and pour into a wetted mould to chill. Turn out and decorate with whipped cream and halved walnuts. — Mrs. J.M. (Napier).

FRUIT tarts, puffs, etc., are usually brushed lightly over with cold water, and sprinkled liberally with castor sugar, before baking Or when a thin coating of icing is desired, they are, when nearly baked, brushed over with well-beaten white of egg and well dredged with castor sugar.